

Effects of whole-body vibration therapy in patients with fibromyalgia: A systematic literature review

Collado-Mateo D.

Adsuar J.C.

Olivares P.R.

Del Pozo-Cruz B.

Parraca J.A.

Del Pozo-Cruz J.

Gusi N.

Objective. To review the literature on the effects of whole-body vibration therapy in patients with fibromyalgia. **Design.** Systematic literature review. **Patients.** Patients with fibromyalgia. **Methods.** An electronic search of the literature in four medical databases was performed to identify studies on whole-body vibration therapy that were published up to the 15th of January 2015. **Results.** Eight articles satisfied the inclusion and exclusion criteria and were analysed. According to the Dutch CBO guidelines, all selected trials had a B level of evidence. The main outcomes that were measured were balance, fatigue, disability index, health-related quality of life, and pain. Whole-body vibration appeared to improve the outcomes, especially balance and disability index. **Conclusion.** Whole-body vibration could be an adequate treatment for fibromyalgia as a main therapy or added to a physical exercise programme as it could improve balance, disability index, health-related quality of life, fatigue, and pain. However, this conclusion must be treated with caution because the paucity of trials and the marked differences between existing trials in terms of protocol, intervention, and measurement tools hampered the comparison of the trials. © 2015 Daniel Collado-Mateo et al.